
“Festive Family Thanksgiving Cookbook”

Frozen Pumpkin Yogurt Pie

Serves 10, Preparation time 20 minutes, Freeze time 6 hours

¾ cup canned pumpkin	¼ cup honey
½ tsp. cinnamon	¼ tsp. ground ginger
¼ tsp. salt	1/8 tsp. nutmeg
1/8 tsp. ground cloves	1 quart vanilla nonfat frozen yogurt- softened
1 baked 9-inch Graham cracker crust (see recipe below)	whipped topping (optional)

Combine pumpkin, honey, cinnamon, ginger, salt, nutmeg and cloves in a mixing bowl and blend well. Add frozen vanilla yogurt and blend well. Pour into pie shell. Freeze for six hours.

Cut into 10 pieces. Garnish with light whipped topping if desired.

Nutrition Facts Per Serving (without whipped topping): 268 Calories, 7 g Total Fat, 63 Calories from Fat, 1 g Saturated Fat, 293 mg Sodium, not a significant source of Cholesterol.

Graham Cracker Crust

Serves 10, Total Preparation and Cooking Time 35 minutes

2 cups graham cracker crumbs (about 15 double crackers, pulverized in a blender)	nonstick cooking spray
1/3 cup light tub margarine spread at room temperature	9 inch pie plate

Lightly spray pie plate with nonstick cooking spray. In a mixing bowl, combine cracker crumbs and margarine until moist. Press into pie plate.

Bake at 350° F for 10 minutes. Let cool. Chill in refrigerator. Fill.

Nutrition Facts Per Serving (for crust only): 136 Calories, 7 g Total Fat, 63 calories from Fat, 1 g Saturated Fat, 183 mg Sodium, not a significant source of Cholesterol.

